Stop your pan from boiling over!
Use coping skills. Coping skills are things you do to stay happy and safe. You use different skills, depending on how hot your pan is. Adults help you by doing things that match how upset you are. Write 3 skills for YOU and for ADULTS to use for each pan.

**MY COPING SKILLS**
- Good Mood
- Happy Thoughts
- Nice Behaviors

**HUMAN COPING SKILLS**
- Keep pan simmering

**SIMMER**
- Low Mood
- Angry Thoughts
- Oops! Behaviors

**ROLLING BOIL**
- Terrible Mood
- Out-of-Control Thoughts
- Unsafe Behaviors

**BOILING OVER**
- Maintain simmer
- Lower heat, gently stir food, add something to decrease boiling
- Immediately remove pan from heat, protect from hot food spilling out, call help into the kitchen.